





# BUTTER to OLIVE OIL






## *Conversion*

Queen Creek Olive Mill's kitchen uses extra virgin olive oil in all its baked goods. Using extra virgin olive oil is a healthy (and delicious) alternative to other fats, shortenings and butter used in everyday baking. Olive Oil can be easily substituted in any dish that calls for butter or margarine.



### BUTTER = OLIVE OIL

 1 TSP =  $\frac{3}{4}$  TSP 



 1 TBSP = 2  $\frac{1}{2}$  TSP 

 2 TBSP = 1  $\frac{1}{2}$  TBSP 


  $\frac{1}{4}$  CUP = 3 TBSP 

  $\frac{1}{3}$  CUP =  $\frac{1}{4}$  CUP 

  $\frac{1}{2}$  CUP =  $\frac{1}{4}$  CUP + 2 TBSP 

  $\frac{2}{3}$  CUP =  $\frac{1}{2}$  CUP 

  $\frac{3}{4}$  CUP =  $\frac{1}{2}$  CUP + 1 TBSP 

 1 CUP =  $\frac{3}{4}$  CUP 